

KNOW YOUR NUMBERS

Cholesterol

Less than 200 *Total cholesterol*

Less than 100 *LDL*
(Low Density Lipoprotein)
“bad cholesterol”

40 or higher *HDL*
(High Density Lipoprotein)
“good cholesterol”

Less than 150 *Triglycerides*

Measured in mg/dl
milligrams per deciliter of blood

KNOW THE SIGNS & SYMPTOMS OF HEART ATTACK & STROKE

*Every minute counts!
Call 9-1-1 right away.*

www.americanheart.org
www.cdc.gov
www.idahoheartandstroke.org



IDAHO DEPARTMENT OF
HEALTH & WELFARE



KNOW YOUR NUMBERS

Blood Pressure

	Systolic (top number)	Diastolic (bottom number)
Normal	120 or ↓	and 80 or ↓
Prehypertension	120–139	or 80–89
Hypertension	140 or ↑	or 90 or ↑

Numbers are for a healthy adult 18 years of age and older. Should your systolic and diastolic numbers fall into two different categories, use the higher of the two as your guide.

[illegible]